

Grenfell Support News

It's OK not to feel OK – Supporting you to get help if you are struggling emotionally



Last week saw the launch of the 'OK not to feel OK' campaign, which promotes sources of support and help to anyone struggling emotionally in Kensington and Chelsea.

The campaign is aimed at trying to reduce the stigma around mental illness and death by suicide within the community by talking more openly about this. We also want anyone in distress to feel confident to turn to someone for support and we are encouraging people to seek help before they reach crisis point.



You may have already seen posters and leaflets in and around the community and at key buildings such as health centres in North Kensington.

The campaign 'It's OK not to feel OK' will focus on identifying and owning how you feel and asking for help to cope with these feelings.

We have set up a dedicated website www.oknottofeelok.org which provides lots of information on how to seek help and advice on who you can talk to if you are struggling.

The website has the numbers for the Samaritans and the NHS, both of which are free to call, confidential and set up to listen to and signpost residents to the best support.

Anyone can call the NHS number at any time **0800 0234 650** or The Samaritans on **116 123**. If you can't face talking to someone on the phone (and many people who are struggling emotionally can't) then you can email: jo@samaritans.org

If those who are most at risk can't reach out directly, then we hope their loved ones might find the support and help they need through this campaign.

IN THIS EDITION

- 2 **Come along to the Grenfell Recovery Scrutiny Committee meeting**
- 2 **Community fun day**
- 2 **Rent and service charge extension**
- 2 **Update on Lancaster West residents' parking permits**
- 3-6 **Everyone Active summer sport events and QPR opportunity**
- 7 **Activities Programme at The Curve Community Centre**
- 8 **Housing update**
- 8 **Support services on offer**
- 8 **Update on the Grenfell Inquiry**
- 8 **Revised immigration policy guidance for Grenfell relatives**

We have already begun raising awareness of the campaign on our Facebook page www.facebook.com/oknottofeelok and promoting it on the Grenfell Support twitter page www.twitter.com/grenfellsupport.

We are now encouraging people to support and share the information on social media to ensure we reach as many people as possible. We are also asking people to spread the message and share their stories if they feel able to by using the #oknottofeelok hashtag.

We want the community to help support each other and get the message out there, so why not visit the website and find out about how you can take a picture and spread the message on Twitter, Facebook or Instagram. You can also change your profile picture on Facebook in support of this campaign.

Head over to: www.oknottofeelok.org for more information.

Date set for next Grenfell Recovery Scrutiny meeting

The next Grenfell Scrutiny Recovery Committee meeting will be held on **Tuesday 24 July** from **6.30pm** at **Kensington Town Hall**.

At this meeting, which will be chaired by Cllr Robert Thompson and includes a number of newly-elected Councillors, the Committee will consider where it needs to focus its attention over the coming year and discuss several important decisions which are to be taken by the Leadership Team the following evening on **Wednesday 25 July**.

To ensure that the voices of those residents from Notting Dale are heard, a new Forum is to be established shortly, chaired by Notting Dale ward Councillor Robert Atkinson. It's intended that a meeting of the Notting Dale Forum will be held prior to every Grenfell Recovery Scrutiny Committee and all residents living in Notting Dale ward are invited to attend.

To ensure everyone is able to have their say and all important issues are covered, an independent facilitator will co-ordinate Forum meetings. The facilitator will be appointed by the Forum Chair in collaboration with other Councillors. The Forum will feed back key comments, concerns or ideas from residents to the Committee. Cllr Atkinson sits on both the Forum and the Committee so can ensure all views are represented.

Details of the date, time and venue of the Forum are being finalised and will be published soon.

You can find the details of the other Grenfell Recovery Scrutiny Committee members www.grenfellsupport.org.uk/grenfell-recovery-scrutiny-committee



Community fun day

Come along to the **North Kensington Community Youth Festival** on **Saturday 30 June** from **10am until 7pm**, presented by the **Westway Trust** and **Everyone Active**. This free family fun day has live entertainment, music, face-painting, sports activities, rock-climbing, special guests and even camels – not to be missed.

Come and enjoy this action packed day with your local community at the **Westway Sports and Fitness Centre, 1 Crowthorne Road, W10 6RP**.



Update on Lancaster West residents' parking permits

Lancaster West Estate residents were able to use their original 2017/2018 estate parking permits until **30 June 2018**.

New Estate Parking permits for 2018/2019 have now been issued by the Council.

Therefore, from **Monday 2 July 2018**, parking bays on the Estate will be monitored as usual and Penalty Charge Notices (PCN) will be issued to anyone

not displaying a valid 2018/2019 estate parking permit.

If you have not yet received your estate parking permit or would like to request visitor parking scratch cards, please either visit our office on Kensal Road, call us on **0800 137 111** or email HM-Parking@rbkc.gov.uk to make an appointment.

The Lancaster West Neighbourhood Team at Baseline Studios will not be able to deal with parking queries.

Residents of Lancaster West Estate area who wish to park elsewhere in the borough will need to apply for, and pay for a resident parking permit.

Rent and service charge extension

The Council has agreed to extend the rent and service charge compensation period from **Saturday 30 June 2018** to **Friday 31 August 2018** for residents who are living at home on the Walkways. The compensation will be 40 per cent of rent and service charges to tenants and 40 per cent of service charges to leaseholders.

Residents of Bramley House, Treadgold House and Verity Close will also continue to receive compensation equal to five per cent of rent and service charges, up to **Friday 31 August 2018**.

We continue to make good progress on Estate improvements. Grenfell Tower is now fully wrapped. The Council is fully

committed to continue working with residents to improve the quality of housing management services across the Lancaster West Estate.

The communal boiler in Whitchurch Road has now been upgraded with permanent pipes, which will prevent further hot water and heating failure.

All improvement work to the rubbish chutes have now been carried out and the frequency of collection has been increased to three times a week. We will notify residents separately by **mid-July** when collections will start.

Fire safety work is ongoing across the estate.

The majority of Walkways properties now have a FD30S-rated fire door – this means that the doors are fire and smoke resistant for 30 minutes. Fire marshalls will remain on site throughout July when we will review where and when they are still required from **Wednesday 1 August 2018** onwards.

We have written to tenants and leaseholders with more information.





Everyone Active helps keeps youngsters active throughout the long summer holiday

Westway Sports & Fitness Centre – operated by Everyone Active on behalf of Westway Trust - is encouraging local youngsters to keep active during the summer holidays.

Football

From **Monday 23 July** to **Friday 24 August**, youngsters from ages four up to 15 will have the chance to enjoy and learn the beautiful game with Westway's fantastic FA qualified coaches in a fun and safe environment.

The camp focuses on six key skills: FUNdamental movements, dribbling, passing, receiving, shooting, and small sided games. Sessions include competitions, quizzes, prizes, and much more!

For ages four to five and six to seven years old, sessions will run from **10am until 11.30am** each day. It will cost £4 per day.

For ages eight to nine, 10 to 11 and 12 to 15 years old, sessions will run from **10am to 3pm** each day. It will cost £8 per day.



QPR football programme for children affected by the Grenfell Tower tragedy

Westway Sports & Fitness Centre has also teamed up with QPR to offer free football sessions for children that have been affected by the Grenfell Tower tragedy. Open to children aged eight up to 16 years old, the sessions will run from **Monday 23 July to Friday 24 August, 10am to 3.30pm** each day. All sessions will be delivered and led by QPR.

Children wanting to attend will need to pre-register. To pre-register please send an email to yac@qpr.co.uk.



Tennis

For children aged four to seven years old, Westway Sports & Fitness Centre will be offering its FUNdamentals programme which introduces young children to tennis through fun and engaging sessions. The session develops children's sending and receiving, agility, balance and coordination skills.

For those aged eight and over, the Westway team will be offering morning camps for all levels of ability. The sessions will focus on teaching and practising skills.

Sessions will run from **Monday 6 August to Friday 31 August**. (Note: no camps on Bank Holiday **Monday 27 August**).

For ages four to seven, sessions will run from **9am until 10.45am** costing £65 per week. (Note: £52 for **28 to 31 August**)

For those aged eight and upward sessions will run from **9am until 12pm**, costing £100 per week. (Note: £80 for **28 to 31 August**)



Multi-Sports

Westway Sports & Fitness Centre will be offering all sorts of sports with everything from basketball and dodgeball to hockey and football available for children aged five through to 12 years old.

Arts and crafts will also be on offer for children aged five to seven-year olds so that kids can get creative too. Please note children should arrive ready to play in sportswear.

The programme will run from **Monday 23 July until Friday 31 August**. (Note: No camps on **Bank Holiday Monday 27 August**). For those aged five to seven the camp will run from **10am until 1pm**, costing £4 per day. For ages eight to 12 the camp will run from **10am until 3pm**, costing £10 per day.



Climbing

Exciting, action-packed climbing sessions are on offer this summer. Open to all abilities, the sessions are perfect for children aged five and upwards to climb on their own or with their families. Children can take part in top roping and belaying.

Climbing sessions will run from **Monday 23 July to Sunday 2 September**. For children it will cost £7 per session and for adults £15 per session.

The 90-minute sessions run daily **9.30am to 11am, 11.30am to 1pm, 1.30pm to 3pm** and **3.30pm to 5pm**.

New climbers will need to bring or fill in a registration form signed by a parent or a legal guardian.





Hockey

Launched in partnership with Gold medal winning Olympic Hockey player Alex Danson, The Alex Danson Hockey Academy Camp offers children the chance to develop their hockey skills and love for the game. The sessions will include essential skills, fun games and matches.

The programme is open to children of all abilities aged seven to 13. It will run on **Thursday 26 July, Thursday 9 August** and **Thursday 30 August** from **10am to 3pm**. Costing £30 per day. All children will receive a free t-shirt too.

Netball

Launched in partnership with premiership netball team Bencos Mavericks, the Mavericks Netball Camps are a great opportunity for young netballers aged 10 to 13 to improve their skills, have fun and learn to play the sport.

Open to all abilities, the sessions will run on **Wednesday 8 August** and **Wednesday 29 August**. Sessions will run from **10am to 3pm** and cost £30 per day. All children will receive a free t-shirt too.

For more information on any of the programmes please call Westway Sports & Fitness Centre on **0333 005 0442** or visit **www.everyoneactive.com**.



Activities Programme at The Curve Community Centre

Monday 2 July

- **9.30am–3pm** – Early years activity
- **10am–12 noon** – The Hand of Hope Women's Group
- **10am–12.30pm** – Nova ICT classes
- **1pm–3pm** – English skills (literacy for native speaking)
- **2pm–4pm** – Grenfell Support Service (drop-in)
- **5pm–7pm** – Homework Club ages 11–18 with a qualified tutor (drop-in)
- **6pm–8pm** – Pre-ESOL English
- **6.30pm–7.30pm** – Zumba classes for adults



Tuesday 3 July

- **9.30am–11.30am and 12.25pm–2.30pm** ESOL English language classes (please email **sakinah.touzani@westway.org** to book)
- **10.30am–12.30pm** – Job search and CV sessions (open area 1st floor) (drop-in)
- **10.30am–12.30pm** – Helping children deal with loss (please email **thecurve@rbkc.gov.uk** to book)
- **10am–3pm** – Fouzia's Sewing Club – drop-in sewing club for all, grow your skills, knit and natter
- **1.30pm–2.30pm** – Grief Encounters, speak, listen and share with Elisha and Ana
- **7pm–8pm** – Grief Encounters Colin's Men's Group

Wednesday 4 July

- **10am–12 noon** – World coffee morning – free and open to all for a coffee and a chat
- **10am–12.30pm** – Nova ICT classes
- **10.30am–12.30pm** – Job search and CV sessions (open area 1st floor) (drop-in)
- **2pm–4pm** – Drug and alcohol drop-in session
- **4pm–6pm** – Journey of Hope, a range of wellbeing retreat therapies
- **4pm–7pm** – Girls youth group for ages 13 plus (run by Laura for emotional health and wellbeing)
- **5pm–7pm** – Somali Youth Panel Discussion
- **6pm–7pm** – Shared reading group, open to all reading abilities. Come and share the joy of reading as a group

Thursday 5 July

- **10.30am–11.30am** – Stay and Play – children and parents/carers a chance to play, sing, explore and learn together.
- **12.30pm–2.30pm** – Mums and Bumps
- **1pm–3pm** – ICT Skills and pre-employment support, suitable for those not ready for the Job Centre (drop-in)
- **2pm–8pm** – Home Office and Immigration Services
- **2pm–3pm** – Nova (Alex) ICT Employment skills (drop-in)
- **4pm–4.45pm** – Healthy snack time for kids (limited spaces, please email **thecurve@rbkc.gov.uk** to book)
- **4pm–6pm** – Young artists for ages five–11. For keen young artists looking to learn and develop their skills

Friday 6 July

- **9am–10.30am** – MEND mini - weekly sessions run by a registered nutritionist and physical activity specialist. Offers practical chopping and tasting activities and games/exercises aimed at enhancing physical and social development for ages two–four years.
- **10am–1pm** – ACABA Pottery workshop (to book please email **thecurve@rbkc.gov.uk**)
- **10am–1pm** – Midaye Women's Group
- **11am–11.40am** – Zumbinis – Zumba for children (under 5) and parent/carers

The Crèche's opening hours are:

Monday, Tuesday, Wednesday and Friday
10am to 12noon and 1pm to 3pm.

No crèche on Thursdays.

The Crèche is for parents attending appointments or courses at the Curve. Other Curve users are also able to use the crèche space when attending an event or activities. To book, please email:
thecurve@rbkc.gov.uk



The Curve Community Centre opening hours are **10am to 8pm Monday to Friday** and **11am to 6pm** on weekends.

The Curve Community Centre, 10 Bard Road, London W10 6TP

Some sessions need to be booked in advance to secure your place, so email **thecurve@rbkc.gov.uk** and they will confirm your reservation by return.



For a full list of events visit **grenfellsupport.org.uk/thecurve/events**

Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the fire is asked to contact the Met Police on **0800 032 4539**.

Important Contacts

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email **helpline@cruse.org.uk**

The helpline is open **Monday-Friday** from **9.30am-5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until 8pm.

Replacement UK passports, visas or immigration queries

Call our advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, please see your doctor or call NHS **111**.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit **victimsupport.org.uk**. The line is open 24 hours a day.

The Grenfell Muslim

Response Unit also offers additional support. Find out more by emailing **info@gmru.co.uk**

You can also get physical and mental support at **The Curve Community Centre**. Call **077 1223 1133**.

Hestia, Central and North West London NHS Foundation Trust, and the Drug and Alcohol Service are based overnight at the **Notting Hill Methodist Church, Lancaster Road** from **10pm to 8am**. Pop in for a chat and support.

Upcoming meetings

Residents welcome to attend.

Full Council:

Wednesday 18 July, 6.30pm
Kensington Town Hall

Grenfell Recovery Scrutiny Committee:

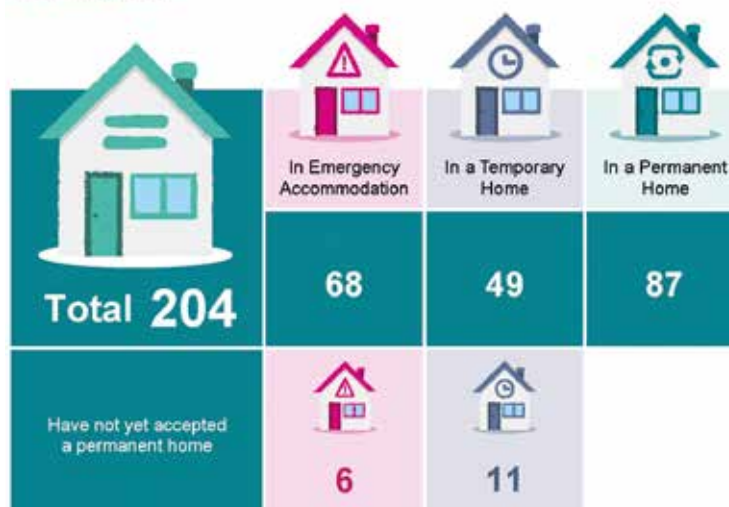
Tuesday 24 July, 6.30pm
Kensington Town Hall

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for

28 June 2018



London Fire Brigade provides evidence to the Grenfell Tower Public Inquiry

This week marked the start of London Fire Brigade's contribution to the Grenfell Tower Public Inquiry. This evidence is scheduled to continue for the next three weeks. This follows the opening statements from participants in the Inquiry including the bereaved, survivors and the Council.

A full list of statements and evidence provided to the Inquiry so far can be found here: www.grenfelltowerinquiry.org.uk/hearings.

The Council's opening statement to the Inquiry was delivered on **Wednesday 6**

June by James Maxwell-Scott QC, you can find it here: bit.ly/2tjTbYf

For more general information on the work of the Inquiry and recordings of the hearings to date, please visit www.grenfelltowerinquiry.org.uk.

The hearings have been an emotional time for many people and videos and images of the night of the tragedy have been shown. There is support available for all those who have been affected. For urgent emotional and wellbeing support, you can call **0800 0234 650** at any time.

Home Office announce revised immigration policy guidance for participants in the Inquiry

The Home Office has announced that relatives of victims and survivors who are core participants in the Grenfell Public Inquiry, or those called to be a witness at the Inquiry who are already in the country, will be able to extend their stay in the UK for a further six months.

Core participants are people or organisations who have applied for that status because they have a significant interest in proceedings or could be subject to scrutiny.

A core participant can be invited to participate during the Inquiry, for example

by making statements or suggesting lines of questioning to be pursued. This will provide certainty for relatives who need to participate in the Inquiry's evidence sessions.

Family members who are overseas with 'core participant' status, who are required to attend or are called as a witness to the Inquiry, will have their visit visas dealt with quickly and compassionately.

You can read the announcement in full here: bit.ly/2KsAK1t

The newsletter is also available in Arabic and Farsi languages.